

ABSTRACT OF THE DISCLOSURE

A baking oven and a method of operating a baking oven, in particular a shop baking oven, having a baking chamber, in which the goods to be baked can be accommodated has at least one heating system (09) for heating air circulating in the baking chamber (03) and has at least two fans (10, 11) for circulating the air in the baking chamber (03). During a baking operation, at least one co-rotating phase (P1, P3) is provided during which the fans (10, 11) are driven to rotate in the same direction. In addition, at least one contra-rotating phase (P2, P4) during which the fans (10, 11) are driven to operate in the opposite direction is also provided during the baking operation.